

Chinese Coleslaw¹⁰

Number of Servings: 10 (74.17 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|---|
| 9 1/2 | Tbs | Vinegar, cider |
| 4 3/4 | tsp | Oil, canola |
| 8 1/2 | tsp | Sugar |
| 1.00 | ea | Soup, ramen noodle, chicken flvr, dry pkg |
| 6.00 | cup | Cabbage, fresh, shredded |
| 4 3/4 | Tbs | Onion, white, fresh, chpd |

Nutrients per serving

Nutrition Facts

Serving Size (74g)
Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 1g

Vitamin A 0% • **Vitamin C 25%**

Calcium 2% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | | Calories: 2,000 | 2,500 |
|--------------------|-----------|-----------------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Combine vinegar, oil sugar and seasoning packet from Ramen Noodles and mix into cabbage. Chill.

Break Ramen Noodles into small pieces about 1/2 inch in length. Just before serving combine Ramen Noodles with the cabbage. Serve approximately 1/2 cup per serving.

1 serving = 1/2 c. coleslaw = 1 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
- Wash raw fruits and vegetables before using them in food preparation.

Holding :

- Hold for cold service at an internal temperature of 41 F or lower.